

# MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS  
DISEASE 2019 (COVID-19)

FRIDAY, OCTOBER 23, 2020



*Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!*

## **TELEBRIEFING SCHEDULE UPDATE:**

***Our telebriefings will now take place every second and fourth Thursday of the month.***

**Make sure you join us Thursday, November 5 from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).**

**Special Thanks to our October 22<sup>nd</sup> Telebriefing Guest:**



**Maurice Wilson, MCPO, USN (Ret)**  
REBOOT Workshop  
National Veteran's Transition Services  
San Diego Veteran's Coalition

## County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

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### In Case You Missed It...



**REBOOT** is a no-cost, three-week program offered by the National Veterans Transition Services, Inc. (NVTSI) that reintegrates service members and veterans back into civilian life while keeping their military core values intact. REBOOT Workshops are designed to assist members of the military in making the social and career transition from years of service by addressing their fears

and “re-booting” their skills. The workshop focuses on three critical areas of a successful transition: Personal Identity, Lifestyle Transition & Career Transition. The seminar addresses the personal and social aspects of transition to civilian life by using research-based, outcome-driven methods drawn from the best practices in career planning and cognitive-behavioral techniques. The workshop helps veterans get back on track with their life/career and shifts thinking from being military directed to being self-directed. REBOOT offers services for job matching, peer-to-peer support, and pre-separation counseling briefs at no-cost for all service members, veterans, and spouses. To enroll in the virtual REBOOT workshop and learn more about their services, visit [www.RebootWorkshop.vet/enroll](http://www.RebootWorkshop.vet/enroll). To volunteer with NVTSI and REBOOT, contact Maurice Wilson at [Maurice@NVTSI.org](mailto:Maurice@NVTSI.org) or (619) 822-2704.

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## Events and Announcements

**Courage to Call** is hosting another drive-thru feeding event at 10 a.m. on Saturday, Oct 22 at VFW POST 9327 on 8516 N Magnolia Ave Ste 203, Santee, 92071. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID. To volunteer for this event, please e-mail [couragetocall@mhsinc.org](mailto:couragetocall@mhsinc.org).

**SDVC Monthly Meeting** active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Nov 6. For details, visit [sdvetscoalition.org](http://sdvetscoalition.org).

**VetCTAP Golf Tournament** will be held on at 8:00 a.m. on Friday, Oct 30 at the Marine Memorial Golf Course located at 18415 Mainside, Camp Pendleton North, 92055. All proceeds will benefit VetCTAP. For details, visit <https://www.vetctap.org/golf-tournament.html>

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## Increased COVID-19 Testing Helps to Keep County in Red Tier

While the local, COVID-19 adjusted case rate rose from 6.8 to 7.0 per every 100,000, increased testing in the region once again helped to keep this metric in the Red Tier and the County from moving into the most restrictive Purple Tier.

The positive adjustment is given by the State of California to counties that are testing at higher levels than the state's median. That adjustment prevented the County from landing in the Purple Tier, which would have placed indoor activities at restaurants, movie theaters, gyms and a number of other locations in jeopardy. County health officials continue to encourage San Diegans to be vigilant and to take all the recommended actions to slow the spread of the novel coronavirus.

The state's health equity metric, which looks at the testing positivity for areas with the lowest healthy conditions, dropped from 5.7 to 5.5 percent and remained in the Red Tier. This metric does not move counties backward to more restrictive tiers, but is required to advance.

To read the full *County News Center* story, [click here](#). To learn more information about COVID-19 and the County's detailed data summaries, [click here](#).

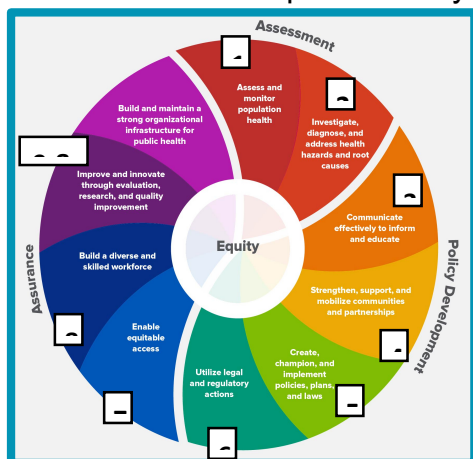
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## San Diego County Virtual Public Health System Assessment

The County of San Diego, Military and Veterans sector is looking for community members to participate in the Local Public Health System Assessment 2020. Volunteers will participate in a virtual 2-hour session about the strengths and weaknesses of our

public health system for each of the 10 essential public health services.

This session will help the County of San Diego accurately recognize and address the unique health challenges Military/Veterans and their families experience. This is an opportunity to identify strengths and areas for improvement across the public health system serving San Diego communities. The discussion will reflect how the Military and Veterans Sector has responded to public health needs and challenges over the last several years, including, but not limited to, the COVID-19 pandemic.



Given the size of the Military and Veterans community in San Diego, it's important that this community is included in multi-sector partnerships to

improve health. We recommend that Military/Veteran community members sign up for one of the following sessions: *Monitor Health*; *Inform, Educate, and Empower*; *Mobilize Community Partnerships*; or *Link People to Health Care*. If you are interested in providing feedback for the Military and Veterans sector, [click here](#) to sign up for the virtual sessions!

## FAQ's: Remember to Get Your Flu Shots!

### Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

### Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

### Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#). Scan the QR code to find a flu shot location near you!

Scan this QR code with your phone:





## County Halloween Guidance & Activities



The County of San Diego is offering guidance to minimize the spread of COVID-19 and ensure the community has a fun, safe Halloween! Here are some safer, alternative ways to participate in Halloween:

- Online parties/contests (e.g., costume or pumpkin carving) and drive-through events and car parades.
- Dressing up homes and yards with Halloween-themed decorations.
- Halloween movie nights with your own household or at drive-in theaters.
- Pumpkin patches where people use hand sanitizer and maintain 6-feet of distance from others.
- Make fall recipes and crafts as a family for creative dinners and spooky decorations.
- Participate in drive-through events or contests where individuals dress up or decorate their vehicles and receive scores from “judges” that are maintaining appropriate physical distance.
- Visit pick-your-own fruit/vegetable operations that follow California Department of Food and Agriculture guidelines.
- Participate in one-way trick-or-treating, where individually wrapped goodie bags are lined up for families to grab while continuing to social distance (such as at the end of a driveway or at the edge of a yard).
- Consider distributing treats other than candy, which parents can then sanitize before giving to kids: stickers in cellophane packaging, pencils, mini pumpkins, erasers, etc.

To view the County of San Diego’s full Halloween Guidance recommendations, [click here](#). For questions or concerns about staying safe during the 2020 Halloween holiday, please contact [SafeReopeningComplianceTeam@sdcounty.ca.gov](mailto:SafeReopeningComplianceTeam@sdcounty.ca.gov).

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## Mental Health Resources

**Courage To Call.** Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit [www.courage2call.org](http://www.courage2call.org), or call 1-877-698-7838, or 2-1-1

**The County’s Access and Crisis Line (ACL)** is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.



**VA Veteran Suicide Prevention and Crisis Line**, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

**The National Suicide Prevention Lifeline**, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



**Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors.** For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

## COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail [COVID-Military-Veterans@sdcounty.ca.gov](mailto:COVID-Military-Veterans@sdcounty.ca.gov) with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

## Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military, Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

